

What is claimed is:

1. An assembly, comprising: a grooved frame having a lower side and an upper side, and an interfitting tongue having a lower tongue and an upper tongue, having an electronic device mounted thereon, whereby the groove frame on the lower side receives the lower tongue and
5 upon sliding the tongue in the direction of the groove frame on the upper side, the upper side receives the upper tongue thereby locking the tongue into the groove.

2. The assembly in Claim 1 wherein the lower tongue is substantially a rectangular shape in cross section.

3. The assembly in Claim 1 wherein the lower tongue is substantially a conic shaped
10 cross section.

4. The assembly in Claim 1 wherein the upper tongue is substantially a rectangular shape in cross section.

5. The assembly in Claim 1 wherein the upper tongue is substantially a conic shaped cross section.

15 6. A method of mounting a device onto a surface comprising the steps of: interfitting a means, having a lower tongue and an upper tongue, into a grooved frame, having a lower side and an upper side, sliding the lower tongue into a groove frame on the lower side, situating the lower tongue at one end, and sliding the upper tongue in the direction of the groove frame on the upper side, so as to receive the upper tongue thereby locking the means into position.

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7. The assembly in Claim 6, comprising the additional step of sliding the tongue in the direction of the groove frame on the lower side, thereby releasably detaching the tongue.

8. A method of assembly comprises the steps of: mounting an electronic device onto an insertion means, interfitting the insertion means having a lower tongue and an upper tongue into
5 a grooved frame having a lower side and an upper side, such that sliding the lower tongue into the groove frame on the lower side situates the tongue and subsequent sliding of the tongue in the direction of the groove frame on the upper side, causes the groove to receive the upper tongue, thereby locking the tongue into the assembly.

9. The method assembly in Claim 8 comprises the further steps of: sliding of a insertion
10 means in the direction of a groove frame on a lower side, and lifting the insertion means in a direction away from the grove frame, causing the holder to disengage.